The Clarion

Bringing You the Bear Facts

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A Day in the Life of an EBHS Student

by Amelia Murray-Cooper

Dr. Vinella

Dr. Vinella begins his day in Ms. Anderson's chemistry class

On February 27th, an unlikely new student was spotted strolling down the halls of East Brunswick High School: our very own principal, Dr. Vinella. For the first time, Dr. V worked with the school counseling department to select a student's schedule to follow, then traded in his necktie for a track sweatshirt and took on the role of a real East Brunswick High School student. Seeing the principal venture beyond his normal duties came as a surprise to many, but it was a particularly unique experience for junior Tyler Burnham, the lucky student whom Dr. Vinella shadowed.

"I was kind of shocked that he picked me as a student to follow for a day," admitted Tyler. "I agreed to do it because it was the right thing to do and I thought it would be pretty cool for him to follow me around. I thought the day went great and it wasn't bad at all seeing Dr. V as a student. It was pretty cool actually." As expected, such an uncommon occurrence sparked interest throughout the district. Recently, *The Clarion* had the privilege of sitting down with Dr. Vinella to discuss the day.

Q: Why did you decide to shadow as a student?

A: I thought that, for me to understand what the life of a student here was like and find out ways that I could better meet their needs, the best thing for me to do was put myself in their shoes. This was an opportunity to see what procedures we have in place, and to make sure that they make sense for students.

Q: Did you adjust your behavior throughout the day to mimic a real student?

A: I tried a little bit. I wore a track sweatshirt, jeans, and sneakers. I took all my classes seriously and did all my work like the other students. I didn't do well on the Advanced Algebra with Trig quiz that I had to take, but what I mostly focused on was listening to the students around me. Especially during lunch, I was so busy talking with Tyler and his friends that I didn't even eat.

Q: How did other students and staff members react when they saw you?

A: I got some funny looks and double takes in the hallways because they didn't know what I was doing. I had PE first period, so it all started when I went into the weight room with Tyler. But for the most part, the teachers carried on their classes just like normal, so I think I got as close as possible to being in an authentic situation without becoming the "undercover boss," so to speak. I'd like to think that I made some new friends.

Q: Which classes and teachers were your favorites?

A: What I liked most was classes where I was able to get up and be involved in the learning process. In Airbrush it was project-based, and in Chemistry we got up and worked in teams. I found that a nine-period day with only twenty five minutes for lunch can be a very long day. But I thought all the teachers were great and they all added their own flair to the class.

Q: What were your favorite and least favorite parts of the day?

A: I thought the day itself was very tiring, and that getting from class to class in the crowded hallways can be difficult if you have to travel from opposite sides of the building. My favorite part was just being around the students and listening to them. I found out, for example, that a lot of students liked the tech integration and the loosening up of our cell phone procedure.

Q: What surprised you?

A: I didn't expect to make observations about the school's facilities, but I did notice some classrooms in need of fresh paint or other specific things that need maintenance. Also just walking through the halls, I was shocked by some of the language I heard. One thing that I'd like to take from this moving forward is to work towards more appropriate discussions. Many people that may be friends talk to each other in a way that could be taken as derogatory. Whether it's ethnic, racial, sexual idenity, whatever it is, we have to be accepting of one another. It's something that I want to work with students to change in the future.

Q: How is being a student now different from when you were a student in high school?

A: I think high school is a lot more challenging today. If you take a look at what students are learning, the difficulty of the math alone far surpasses what I learned in high school. I think the level of work and the rigor is much more, and I think the pressures on being a kid these days are tougher.

Dr. Vinella

Channeling his inner artist, Dr. Vinella works in airbrush class

Q: What did you learn about being an EBHS student that you didn't know before?

A: For me, a nine-period school day was long enough, but when I spoke with Tyler and his friends, I heard about all the extracurricular activities and homework they had after school. Another thing I noticed in talking to students was how many assessments and tests they have every week. I think we need to look at the schedules and do a better job to make sure students aren't faced with the stress of four tests in one day.

Q: As a student, do you have any suggestions for administration?

A: I told the assistant principals that everyone should do what we did. I think it gives you a completely different appreciation of what the school day actually is. I found that the bells in the middle of the day were frustrating, as a student when you're in class and you have lunch overlaps and they keep going off. I also made a note about what it must be like for a new student to come to the school, or for a student still learning to speak English. I sat in the Spanish IV or Spanish V class and I was completely lost, so that gave me an appreciation of what it would be like if you don't understand something, how challenging it must be, and what we can do to help students in that case.

Q: How would you rate your experience out of ten?

A: I would rate my experience as a ten! Going into it, I wanted to better understand what it was like for a student here and to have honest conversations, and I think I accomplished that. I was able to share my experience with the Principal's Council, with the students, but I also brought it back to the administration and the team. Although you won't see immediate action that was taken, I think in the long-term, there are a lot of things in the works based on this that will be good for students.

While we may get a kick out of seeing Dr. Vinella dress like a teenager, sit in our classes, and face the daily struggles of a high school student, we are also grateful to have a principal who goes to great lengths for our benefit. After receiving such positive results, Dr. Vinella is considering shadowing as a student on a yearly or every other year basis in the future. "The reason I went into education was to work with children, and sometimes the higher up you move in this field, the further away from kids you get, so being able to talk to students like this kind of kept me grounded," he reflected. "At the end of the day, the students are the reason why we're here, and if we don't meet their needs, then I have to ask, why are we doing what we're doing?"

Letter from the Editors -in-Chief

The Clarion

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From Katarina: It's hard to believe that senior year is almost over. Looking back on all of it, I'm happy with how my final year at EBHS went. It was full of new and blossoming friendships, challenging academics, and extracurricular adventures. One of these adventures was my time at *The Clarion*, which has been an incredibly rewarding experience that I can't remember my senior year without. I'm proud of how hard Kushal, Ms. Collins, and I worked to improve *The Clarion* by changing its layout and professionalizing its content. I believe we truly made an impact on the way our school's newspaper will function for many years to come.

Looking ahead to my life after EBHS, I'm excited to attend Yale this coming fall, where I plan on majoring in Molecular, Cellular and Developmental Biology and being a pre-med student. Thanks to EBHS, I feel well prepared to start college, something that I am grateful for.

Thinking about leaving EBHS makes me emotional (I'm definitely going to be one of those kids who cries at graduation). I'll miss many things about EBHS, but I know that I'll miss the people the most — my friends, teachers, club advisors, and guidance counselor — because of their unending support. For this reason, I'll come back to visit soon!

From Kushal: This is the final regular issue of *The Clarion* that I'm involved with, and that's a heavy burden to feel right now (look out for the Graduation issue!). Regardless, I'll do my best to make this message a wholesome conclusion without being excessively cliché.

High school wasn't easy for me (#firstworldproblems) — there were so many internal and external battles I had to fight against both myself and (occasionally) others. But in the end, burned bridges have been rebuilt, and surprisingly, most of my problems have been resolved. I'm having one of the best and most rewarding years of my life; it's been better than anything I could have imagined. What I've learned is that a real, full experience at East Brunswick High School is not consistently good or bad. It's full of both, and

Letter Continued Below...

Letter Continued...

what you learn from the entirety — your huge successes and tragic mistakes — is what defines it. My one tip for underclassmen: don't be stubborn. Test your values and let them change as you grow. That's the best way to come out of high school feeling both proud and humble.

With that, I'm definitely excited for the future as well! Along with my partner-in-crime Katarina, I'll be heading to Yale this fall! I have no idea what I want to study (something along the lines of International Relations or Political Science, with some Creative Writing/Journalism mixed in somewhere), but I'm nonetheless excited to see how that experience shapes me. Thank you EBHS, for everything — while I won't be a student here in a few weeks, I'll be back to visit soon enough!

From your 2015-2016 EICs, thank you for reading *The Clarion*.

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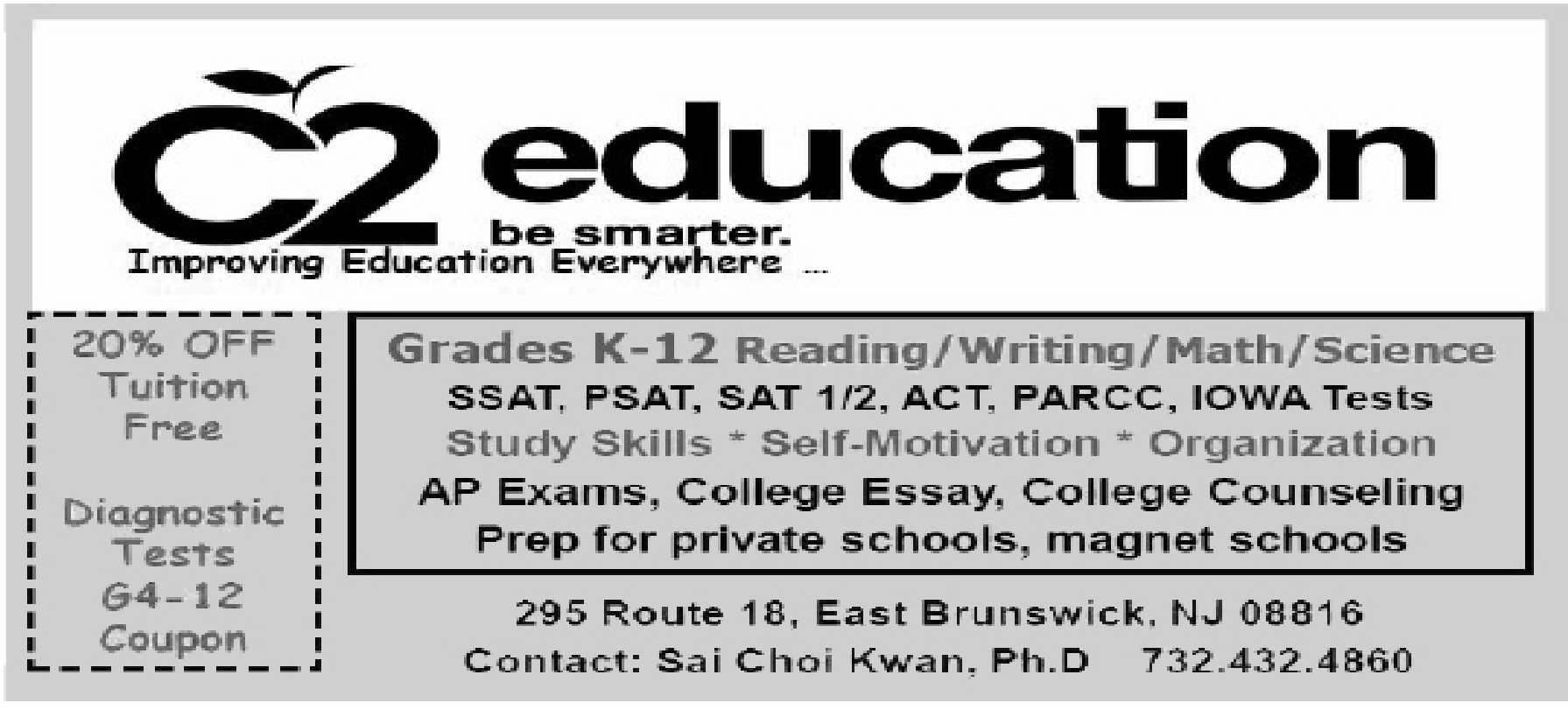


Club of the Month: Friends of Rachel

by Fiona Lu and Sarah Uddin

According to the National Center for School Engagement, approximately 160,000 students skip school on a daily basis for fear of being bullied. This is the devastating reality that afflicts many teens across the nation; however, the trend of bullying and intimidation can be reversed. Creating a school environment free of harassment is only possible if students allow it to be. Friends of Rachel (FoR) accomplishes exactly that by fostering a friendly learning climate and uniting students to work towards a common goal: replacing hatred with kindness and respect.

The founders of this club were inspired by the teachings of Rachel Joy Scott, a kind and fun-loving teen who fell victim to the Columbine High School shooting. Her writings offered stories of hope and left a legacy of kindness, which are the fundamental principles of the goals that FoR hopes to accomplish.

This club carries on Rachel's dream of creating a compassionate environment where children are empowered to start a chain reaction of kindness. FoR member Renu Nargund shares that the club "talks to fourth and fifth grade students who are making the transition from elementary school to middle school about inclusion, so that issues like rumors (a problem we all face) are less prevalent." FoR has successfully transformed East Brunswick into a safer community by educating all age groups about the consequences of exclusion and malice, and showing them that they are not alone. The club also acts as a welcoming committee for new students to ease their transition and provide them with "supportive friends and advice about teachers-- a luxury that many of us take for granted," notes Renu.

Bethany McAnneny

Friends of Rachel competing at one of their kickball games this fall

Besides its anti-bullying campaign, FoR also engages EBHS students in its Peer-to-Peer program, which provides cognitive behavioral intervention (CBI) classes that help with career readiness through conducting mock interviews.

Members of FoR stress the importance of killing hatred with kindness and showing everyone the same degree of respect. "I've had my fair share of bullying experiences" says sophomore Alyssa Goldbeck. "I always fought fire with fire, but Friends of Rachel has helped me to realize that it would never accomplish anything."

When provoked, many of us respond negatively to harassment. We have the tendency to "get even" with our oppressors and fight back using the same distasteful violence. We often hear the ideology: when someone pushes you, you push them back. But, the next thing you know, you the victim becomes the bully; both end up getting beaten and bruised (and suspended from school). FoR advocates doing the opposite of what one's instincts may tell them, and promotes the message of responding with an open mind and a kind heart.

"Sometimes we have to step up and be the bigger person. It is important to think about the long-term effect our actions can have on the people around us," reflects sophomore Suvel Karmarkar after learning about the club's intentions. Club member Sriya Nuguri echoes this sentiment and declares that "Friends of Rachel sends a powerful message, and working with members of the club has helped shape [her] into a better person."

Through advocacy and raising awareness, FoR diligently combats bullying and brings our community closer together. Members of the club inspire students to create a change, not only in themselves, but in their schools, communities, and the world. As Rachel Scott believed, "If one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go."

sPARCCing Change

by Justin Najimian

As years pass and education changes, new standards have to be set in order for standardized testing to improve. East Brunswick underwent a successful year of testing under the PARCC exams in accordance with Common Core standards for education and was able to fit its exams into an approximate two week period for testing in 2016.

In light of last year's complaints over integral class instruction being missed due to over-testing, fundamental revisions have been made to the PARCC schedule in order to lessen the burden of the test's effects on coursework. Prior PARCC examinations included the completion of two separate forms of assessments for English Language Acquisition and Mathematics: Performance Based Assessments and End-Of-Year Assessments. These required examinations had to be conducted within two separate time windows, causing students to miss out on instructional time twice throughout last school year.

PARCC has aimed to remedy this situation by condensing the testing space into one period of administration, eliminating the need for the performance-based assessment completely. Sophomore Aditya Mehrotra is grateful for this change, expressing that "less testing is a major stress reducer and gives us more time in class to learn." Although the testing time has only been shortened by 90 minutes, the benefit of it is still apparent.

Jonah Aguilar

The EBHS Media Center, computers covered and reconfigured for the PARCC exams

One of the benefits that PARCC brings with it is a smoother transition into the modern technological age. The redesign of the Media Center, introduction of Chromebooks, Wi-Fi and wireless hubs were all pushed into action as a result of the exams and have transformed the high school into a hotspot for education technology.

Some students in particular are concerned about the prospect of PARCC becoming a graduation requirement. Superintendent Valeski has clarified that the Classes of 2016-2019 can meet graduation requirements through a variety of ways, including passing scores on certain PARCC assessments. Sophomore Mirai Mikhail supports using PARCC scores in this matter, stating that the test, "serves as another possible, and potential easiest pathway to graduation. For those that find themselves struggling to meet the graduation requirements through the SAT, PSAT, or Accuplacer, PARCC is a career savior."

However, current students of EBHS need not worry about this issue. The New Jersey Department of Education has announced a series of proposed changes to graduation requirements for the Class of 2020 and beyond. They allow students to maintain the same alternative graduation requirements as before providing they take PARCC's End-Of-Year assessments.

Such a prospect also brings up the issue of students opting out from the assessment. Junior Raiid Ahmed firmly believes in the right to refuse participation, claiming that "there can and should be no limit on students opting out based on this right." Although NJ does not have an official "opt-out" option in relation to the examinations, under current regulations, no student is required to participate in the exam.

According to *Tapinto.net*, as of May 12th, the East Brunswick Board of Education passed a resolution to request the delayed use of PARCC as a graduation requirement. The resolution suggested a "multi-year transition period" so students can graduate based on credits earned, GPA, and attendance until the PARCC or any other standardized test has been "implemented enough times to create an accurate reference pool for scores that indicate academic achievement," as *Tapinto.net* states. From HSPA to NJASK to PARCC, standardized testing will always be a focal point of education within EBHS.

The Human Library

by Kayla Kaplan and Mitchell Rimerman

People and books are not all that different – both are filled to the brim with stories and embellished with personal experiences. Recently, East Brunswick High School combined the two in a new and intriguing way: hosting its first-ever Human Library.

After school on Thursday, April 14th, students and staff rushed into the media center, eager to participate in the new event. While visiting different tables and hearing various stories, students had the opportunity to flip through the pages of unique and different lives. Organized by the Humanities teachers and students, the event was first found through Facebook and later embraced by East Brunswick High School.

"I can only speak for myself, but I believe listening to other people's experiences allow students to see the struggles others had to overcome," says Counselor Erik Kaplansky, who opened up about his life and shared unique stories, such as his two-month journey to Europe. Each "book" came from a different ethnicity, religion, and upbringing, which provided students with a diverse set of thoughts and advice. While Mr. Kaplansky shared details about his journey to fifteen different countries, East Brunswick's very own Mayor, Kevin McEvoy, also told his story regarding his local roles and responsibilities.

East Brunswick High School alumnus Chris Devery, in particular, spoke about his career as a Disney World animator and theme park designer, which was truly a page turner. "I didn't want to do this whole adult thing, so I went to work in the most magical place on earth," says Devery, expanding on his passions and journey in becoming an entrepreneur.

"Our hope is that students and community members found the books inspiring," says Mr. Jeffrey Davis, who was integral in organizing the event, "We tried to find books that we thought our students might have questions about or that deal with subjects they might be suffering in silence with."

With such motivated staff and curious students, the event truly sparked a sense of compassion and understanding throughout the East Brunswick High School community. Such an experience inspired a new sense of appreciation for the diversity and differences among people students see everyday in an assorted collection: the Human Library.

Dr. Vinella

Senior Lillian Wang reads Mayor McEvoy as a "book"

The Trivia Game Trend

Image Credit: Google Play Store

by Christina Oh

Quiz game apps — the most addicting type of app there is. These games offer a competitive setting without the need for a court or a ball. In fact, many of these games are accessible anywhere, anytime. If it's two o'clock in the morning and none of your friends are awake, there's also the option of playing with other users whom you might not know. With longtime favorites like *QuizUp* competing against newer games like *Stop!*, the market for these apps seems to be ever-expanding. Kyle Choy, a sophomore at East Brunswick High School, is state champion in the category of Food Logos in *QuizUp*. When asked about why these games are so addicting, he replied: "I like beating other people. Being on top and keeping that status makes the tough competition worthwhile. To keep my ranking, I have to play often." Investigating the popularity of these apps raises the question: is this addiction or just a competition? Either way, it seems that the popularity of quiz game apps can be somewhat attributed to competitive human nature. *The New York Times* recently published an article on how healthy competition can spur mental aptitude as well as nurture relationships — ways to convince parents that you're not just doing your homework.

So what apps are on the rise right now? *QuizUp* and *Trivia Crack* have had their fair share of success, each with more than ten million downloads on the App Store, but it may be time to download yet another game to your phone. Trending right now is *World of Differences* — the classic game of spotting differences between two pictures. Sure, it's old, or what our generation classifies as "old," but that just goes to show how the classics somehow always survive. So get to the App Store and start downloading — but not before you do your homework.

Gyro: The New Guac?

Halal Guys Hits East Brunswick!

by Issalina Sagad and James Wo

Shashwat Singh

A group of EBHS students, led by senior Shashwat Singh, were among the first to get a taste of Halal Guys cuisine

There's no need to go all the way to the City for its famous food trucks because The Halal Guys brings Middle Eastern cuisine that many know and love to locations all around the world. From its humble beginnings as a hot dog truck in 1990, Halal Guys has transformed itself into an incredibly hyped franchise. After realizing hot dogs weren't satisfying meals to many customers, the owners decided to change their menu and serve Halal foods to Muslim cab drivers. As it gained immense popularity, The Halal Guys is now an international restaurant chain everyone is dying to go to.

Halal Guys infuses culture into food, serving gyro platters and sandwiches, while also adding their own famous personal twist - the notable red and white sauce. With a price range of $5.99 to $8.99, people are able to purchase inexpensive, but quality food. They provide generous portions filling up every corner of the containers and people are sure to get their money's worth. Customers can choose between chicken and gyro (or both!), which is its most well-known platter, and falafel as an alternative to the meat options. Lettuce and rice go along with these meat options, wrapped up in slices of pita bread. The final product is topped off with drizzles of zesty white and red sauce. The white sauce includes ingredients such as soybean, canola oil, vinegar, sugar, and pepper, while ground red pepper, salt, and concentrated lemon juice can be found in the red sauce. Halal Guy's original sauces filled with spices give their platters and sandwiches a special kick, accentuating the Middle Eastern flavors.

If your mouth is already watering, then you're in luck. East Brunswick is the first township on the East coast to be blessed with a Halal Guys restaurant. Senior Kyrollos Girgis expresses his enthusiasm for the grand opening on May 7th. "I've been to Halal Guys in NYC, its food tasting different from anything I've had in the past. I'm excited knowing that it's within walking distance of the school." Halal Guys will open up shop in the Home of the Bears, hoping to open up not only their eyes, but also their tastebuds, to Middle Eastern food and culture. Students now have the opportunity to experience foods from other parts of the world without leaving town! After a long day of school, feel free to relax and try Halal Guys' delicious platters; remember, it's within walking distance from EBHS! High schoolers also can benefit as - Halal Guys has job openings, giving students the chance to see what it's like 'behind the scenes', with some prior knowledge and experience of the food chain. Stop by to see if it truly does live up to its reputation of savory meals that keep you coming back for more.

The Halal Guys is located near Chipotle, Smashburger, Sarku Japan, Muscle Maker Grill, Orchid, and Stewart's on Route 18. Of course, all of these restaurants have their share of customers and The Halal Guys will have to fight for its own. Stated by sophomore Matthew Tam, "I'm interested to see how Halal Guys is going to compete with Chipotle. Both franchises have similar options with a type of meat, rice and other miscellaneous options." Although The Halal Guys yields a delicious and promising menu, no one knows how it will fare against Chipotle, a dominating restaurant giant in East Brunswick. Will this new cuisine be as popular among students as Chipotle, or will it go beyond? Eventually, people's thoughts on the food/service and your own experiences will tell if Halal Guys will be a new hangout place for students and adults alike. Try a delightful Middle Eastern cuisine!

Teen Vote

by Sydney Macuray

nydailynews.com

Senior Eileen Wang fills out a voter registration form to have her voice heard

For students, the presidential elections can be an otherworldly concept. After all, such a high position of power could never reach teens living in the suburbs. Teenagers may believe that legislation rarely ever addresses them directly. This, along with low youth turnouts at the polls, causes teenagers to believe that the elections do not impact them. However, in actuality, the presidential elections can affect teens just as much as they affect adults of all ages.

Everyone is significantly affected by the outcome of the elections. Therefore, it is important that adolescents become involved in the election process and form opinions on the candidates and their policies and show support for what they believe in. Mr. Hynes, a U.S. history teacher, added to this statement.

"Since the students at EBHS are about to enter 'real life' after graduation, these seemingly abstract issues become quite real—college debt, immigration, the availability of jobs, whether or not we go to war, the status of our civil liberties, etc. are all serious issues that late teens and early twenty-somethings experience firsthand as they enter that real world."

Since some students will soon be affected by these political issues, becoming involved will give them the ability to make educated decisions on which leaders with which policies they want in power. After all, as Mr. Hynes continued, "Our political system requires an active and informed citizenry capable of making the best decision when selecting our elected officials in order to maintain our democratic republic." With the seniors able to vote, it is imperative for them to have educated opinions. Otherwise, electing a President without understanding their policies could be disastrous.

For those teenagers who are not yet of voting age, it is still crucial for them to learn about the election process, candidates, parties, and policies. While they may be unable to directly contribute to this year's elections, it is always best to be prepared for the years to come. Ms. Giambrone, a world history teacher, said, "Today's decisions can lead to long-term effects. The ability to make decisions now can bring about different outcomes in the future." By educating themselves now, teenagers will be able to make informed decisions in the future in order to elect officials that will implement policies that teenagers want to see. However, the opposite is true as well. Staying uninformed can result in unfavorable outcomes. Therefore, teenagers need to make the decision to be involved, and many of them are. For example, Donald Su, a sophomore, said, "Even if they don't have a say, whatever happens will affect their future. If they at least know what happened in this election, then they know what to do next election." Even if these teenagers cannot vote, if they know who they support, then they have the power to influence others, and get their families and working age friends to support who they support. Or, if questionable laws are enacted, then an educated youth will be able to pinpoint the problem and vote in a candidate that will fix that problem.

"Everything that affects your life is affected by elected officials' decisions. This includes what you learn in school, how many taxes you pay, the social climate of the country, the cost of college, and literally everything," says Mr. Wildermuth, another history teacher. No matter what, the elections are going to affect teenagers. Therefore, it is up to the teenagers to be informed

Top 10 Tips for Underclassmen

by Bhaavi Patel and Michelle Brown

As we are entering the fourth marking period, the school year is quickly drawing to a close; seniors are wrapping up their high school careers, and freshmen are preparing to enter the high school. As we have learned, the transition between Churchill and EBHS is not an easy one. We found ourselves somewhat uninformed about the happenings of EBHS. Classes are more difficult, teachers have higher expectations, and the wide range of potential extracurriculars may cause some confusion. This past school year has certainly been eventful, so here's a list of the top ten lessons we learned about high school during sophomore year.

ASK FOR HELP. We have found that, in order to improve in a core subject, requesting a tutor from the honor societies is very helpful. Asking our teachers to stay after or asking our fellow classmates for help has also been effective.
JOIN CLUBS AND ACTIVITIES. The high school offers far more extracurricular activities than Churchill, so we were excited to get involved with clubs that we are interested in, whether that be a culture club, an academic-based club, or, of course, *The Clarion*! We have tried to pick clubs that are geared towards our interests; ones that we truly enjoy.
TAKE ADVANTAGE OF SCHOOL COUNSELING. Make sure you get to know your school counselor; they are the best source of help for your questions about college, classes, SATs, and your other academic endeavors. Fellow student, Eugene Kim, told *The Clarion*, "I didn't know what to expect at the high school, so I'd suggest you take up all questions with the school counselors. They're there to guide you!"
MAKE FRIENDS. Upperclassmen aren't intimidating. They can guide you throughout the school year, and give advice from their personal experiences when it comes to preparing for a certain teacher or class.
DON'T OVERSTRESS. Grades aren't everything. Don't worry too much if you don't have a perfect GPA. Getting a few disappointing test scores will not ruin your future. Make sure to learn from your mistakes so you don't make the same ones again. Don't forget, colleges look at more than just grades when it comes to acceptances.
DON'T OVERWORK YOURSELF. When first coming to the high school, you will be greeted with a multitude of opportunities you will not want to miss out on. However, make sure you can draw the line between challenging yourself and sleep-deprivation. You don't want to get involved in too many extracurriculars if you cannot handle it. Take your time, go at your own pace, and dedicate yourself to what you enjoy.

Shoshana Stahl

Students sitting in the EBHS hallway discussing their year so far

FORGIVE AND FORGET. We have found that it's better not to dwell on conflicts that we will likely forget in a couple of years. We want to make the best of high school and create unforgettable memories.
KEEP THINGS IN PERSPECTIVE. In the long run, little mistakes will not matter as much as you may think. Getting a poor grade on one assessment won't hurt you as long as you get back up and learn from your mistakes.
SLEEP. It is hard to be productive or perform to the best of your ability if you are too tired to focus. Without sleep, you won't be able to do as well on tests or quizzes so keep that in mind. It's also a good idea to stick to a bedtime routine.
HAVE FUN. As sophomore Mirai Mikhail told *The Clarion*, "You want to be able to look back on your high school career positively. You should work hard, but still enjoy your free time." Your time at East Brunswick High School is going to fly by quicker than you think. Remember that high school only lasts for four years -- you should enjoy it while you can!

Feature a Teacher: Mr. Morris

by Thomas Lynch

Darren Chu

Mr. Morris looks forward to his last year at EBHS, a school with many personal memories both as a student and a teacher

Ask anyone in East Brunswick High School about Mr. Morris, and they'll tell you their own favorite story about the P.E. teacher. Whether it's dropping a witty one-liner or yelling at everyone to pick up the pace on fitness days, Mr. Morris has been bringing heart and humor to gym class every day for nearly 40 years. *The Clarion* had the chance to ask Mr. Morris a few questions about his experiences at East Brunswick, and here's what he had to say:

Q: What are your best memories teaching here?

A: "Working with the P.E. staff throughout the 38 years I have worked here has always been amazing; they are the greatest ever. Likewise, it's been a pleasure to teach all the students I have. It's especially great when the son or a daugher of a former student shows up, too."

Q: In the same vein, what's your funniest story about teaching here?

A: "Being the 'tooth fairy' has always been very fun. Every Faculty Follies brings its own set of memories, too." [Mr. Morris recently won a costume contest sponsored by the Italian Club for dressing up as the tooth fairy.]

Q: What's your greatest achievement as a teacher here? As a coach?

A: "For me, the greatest achievement is when students come back ten, fifteen, even twenty years down the road to visit. Seeing their successes in the job market and their happy families makes me smile. "As a coach, I'm most proud when the teams I coach work hard and improve. Whether the team is 10-0 or 0-10, seeing them grow and never give up is something that makes me proud."

Q: If you could offer some advice to all the students here at East Brunswick, what would it be?

A: "Be yourself and live life to your own standards. Not Mom's, or Dad's, or your friends' - you know yourself best. Always stand tall no matter how tough something may seem, and most importantly, never forget your true friends."

Q: What's next?

A: "I don't really know yet," Mr. Morris says. "I'll be retiring in June of 2017. It's been a long way since I started working here 38 years ago, and a longer one since I graduated high school in 1967."

Either way, Mr. Morris's overflowing personality and unique character as a teacher here in East Brunswick will certainly not be forgotten. Senior Katherine Lian said, "It's going to be tough graduating and saying bye to teachers like Mr. Morris. He's made gym fun - even on fitness days.

Ash Era

by Sumukh Shankar

There's a new sheriff in town and he goes by the name of Chris Ash. Ash has been given the task of trying to rejuvenate the Rutgers Scarlet Knights football program from the dumpster-fire it has been off late. Former coach Kyle Flood was fired in late November along with former Athletic Director Julie Herman in efforts to rebrand Rutgers football. Ash was the defensive coordinator at the Ohio State University and won the National Championship in 2014. Ash has already hit the ground running, changing the atmosphere, showing the world that Rutgers has the ability to be a college football superpower.

Rutgers football season in 2015 seemed over before it began. Several controversies surrounded the team by the beginning of the season, from team violations to criminal charges resulting in player suspensions and dismissals. Before the first game, Flood informed six players they were dismissed following charges of assault, armed robbery, and possession of weaponry in an incident on April 26th, 2015. Flood was suspended three games due to the string of off-field incidents involving his players and having inappropriate contact with a teacher to one of his players. Top it off with a 4-8 season and a 12-19 all time conference record and it is no wonder why he got fired.

nj.com

Chris Ash speaks at a press conference

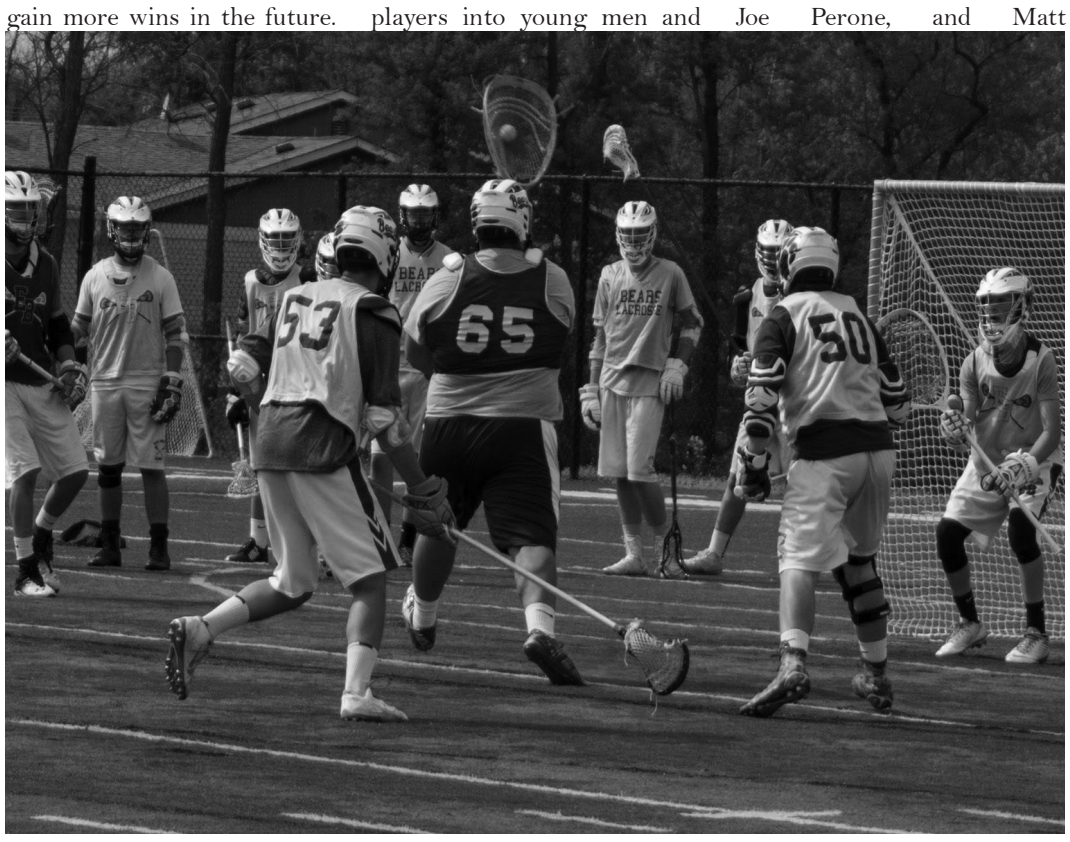
In comes Ash. Ash comes from Urban Meyer, who won three championships, coaching tree and has manned stout defenses. His defense ranked 7th in the nation last year. He brings a certain grit necessary to be successful as a coach and could take Rutgers to the top. Ash has already left his mark on recruiting with the 76th overall class of 2016 which is good considering he had only three months to work. All in all, this could be the start of an amazing future ahead for the Scarlet Knights.

East Brunswick High School junior, as well as a die-hard Rutgers fan and a season ticket holder, Christian Shelley loves the effect the intensity Ash brought has on the atmosphere: "Ash has a lot of fire and has shown he has the potential to have his players trust him with all the recruits he has added. Ash seems like just what we need and can bring Rutgers back to the way is should be." Because of Ash, Rutgers may be the team to be reckoned with in the future.

No Time to ReLAX

by Claire Zhu and Rachel Lee

This spring, many of us will be sitting back and enjoying the warm weather as we watch the flowers bloom. But for some, this season is a time for hard work and immense concentration. The EBHS Boys Varsity Lacrosse team has already woken up to smell the roses, as they began their playing season in late March. The boys have been doing some very intense training coming into this season, putting a major focus on "helping younger players adapt to the speed and physicality of the Varsity level," according to Coach Murray. The team puts together tremendous efforts to collaborate as a whole and develop group strategy during both games and practices. The boys' current record is 10-6, with a devastating loss of 9-17 against the St. Joe's team at the beginning of the season. However, it must be understood that this team is young and adjusting to an influx of new, talented players. These Bears have picked themselves up and triumphed in a close game against the South Brunswick team on April 28th, winning by two points. Coach Murray sees much hope for incoming players to build upon this competitive edge and gain more wins in the future.



Jonah Aguilar

Boys lacrosse team in action

Win or lose, lacrosse requires dedication and a state of mind that always puts team first. The sport develops young athletes and has transformed many of EB's players into young men and women. The boys demonstrate their undying love for both their team and the sport- especially amongst seniors Mike Burns, Patrick and Tom Fitzgerald, Joe Sanseverino, Joe Perone, and Matt Krayowski, Omar Elshalakany, and Alex Gillespie, who all foster this collective passion. Patrick Fitzgerald comments on the great work ethic and traditions that the team has: they "sing the East Brunswick Alma Mater on the way up the hill and pride themselves on being hard workers." Fitzgerald says, "I've played Varsity for four years and it has taught me that when the going gets tough you can always rely on a teammate." Other traditions include dressing up on game day because they "mean business." Senior Matthew Isaacs notes that next year he will miss "dressing up, team hangouts, and playing the game I love with my friends." Clearly, lacrosse is more than a sport - it is a way of life for these boys, and teammates go by the idea that "Family is everything and your team is your family," as Matt Krayowski said. Although it will be sad to see the seniors graduating and leaving their lacrosse legacies in the high school, we know that we will see much more greatness for the future of the boys' lacrosse team at East Brunswick High School.

(Volley)Ball is Life!

by Celina Zhou

The school year may almost be over, but the East Brunswick Boys Volleyball season has been an excellent one! With this season being the last for many of its players, the team worked harder than ever to defend their GMC title, and to redeem themselves at states. The Bears built an impressive record of nineteen wins and three losses, a record to be proud of; the team was named the number one seed in the GMC tournament.

The 2016 team is comprised of thirteen extremely talented and experienced players, ten of which were on the team last year. Despite a rough start to the season, the team definitely believed that this is their year. "We have the best team in the state." says senior Grant Cai, "No other team has the players that we have, or the amount of talented players that we have." Having lost only two players to graduation, seniors Jeffrey Chen, Keith Kuchenbrod, Marco Loncar, Yoni Auerbach (Capt.), Russell Caratenuto, Tom Pappas (Capt.), Jeff Tong, and Grant Cai return, as well as juniors Ben Harrop and Kyle Loesner (Capt.), undoubtedly making the Bears a formidable opponent on the court this season.

As easy as the boys volleyball team makes it seem, playing volleyball well is not an easy feat. Individual skills are important, but being able to work together with your teammates is much more crucial. A good volleyball team has players that know not only their own strengths and weaknesses, but also that of their teammates, and will push each other to reach their full potentials. Because of their experience playing together in the past, the team has definitely mastered the art of bringing out the best in each other.

This team camaraderie, coupled with the knowledge that many players are leaving next year, has motivated the boys to work especially hard and make this season one of the best East Brunswick has seen. For approximately two hours a day, six days a week, the volleyball team can be found in the EBHS gym, working on drill after drill, running plays, and conditioning, all of which help them improve as players, and together as a team. The time and effort the team has put in is reflected in their most recent winning streak of eleven games.

NJ.com

Varsity team comes in for a huddle

For the seniors themselves though, the end of their high school career does not end their volleyball career. Almost every senior will be playing club in college except Senior Captain Yoni Auerbach, who will be playing for Vassar College's varsity team next spring. But for now, the team is not focused on the future of their careers. The Bears are looking to come out on top this season, and will not let anything distract them from reaching their goal. "We can't look to the future," Coach Rutz says. "Because the time for this team is now."

Unjust Pups

by Ian Hou

On April 25, 2016, petitioners and pet owners shared a decisive victory when the East Brunswick Township Council shut down Just Pups, a pet shop located on Route 18, revoking its license to sell pets. This action comes months after the heart-wrenching discovery of three dead puppies in a freezer at the back of the store, according to *East Brunswick Patch*. Although these three deaths are unfortunate, they are far from being the first violations Just Pups has committed in the name of animal cruelty. According to a petition on *ForceChange.com*, the New Jersey law enforcement agency filed 267 charges against Vincent LoSacco, the owner of Just Pups, after the discovery of the dead frozen pups. Many accused the pet store of failing to provide proper care of their animals. This included the lack of proper vaccinations, the failure to safeguard against the spread of disease in the store, and the sale of sick pets to clients. Often, puppies died days after purchase, breaking the hearts of the new owners.

While conditions in our local Just Pups pet shop have been found to be substandard, East Brunswick is not the only town in which Just Pups has committed animal rights abuses. According to *USA Today*, the Just Pups in Valhalla, New York, was also denied a license renewal by the New York Department of Agriculture and Markets because of "critical deficiencies" in the management of the store. In a video published online, LoSacco has denied all of the charges. Although he says that he will comply with orders to clean up store locations and to improve animal conditions, he has paradoxically denied any mistreatment of animals by either him or his staff.

East Brunswick Patch

At the March 28 Just Pups hearing, a previous owner holds up a poster reading "RIP Gwen" in memory of her late puppy

Despite these claims, the Just Pups in East Brunswick was quarantined for improper disease control and record-keeping as reported in *MyCentralJersey*. Not only did the work environment of Just Pups cause disease in animals, but it also put the health of employees at risk. If LoSacco is convicted of the charges brought against him, he could face fines exceeding $100,000 and six months in prison per charge, a clear reason as to why he has claimed innocence in this ordeal of animal abuse.

The occurrence of such unprecedented abuses was unknown by the East Brunswick community until the petition to revoke the Just Pups license in East Brunswick. Consequently, the revelation of the dead puppies in the store freezer sent shockwaves through media outlets within both EB and New Jersey. Sophomore Hamza Sheriff shares his surprise with many others, stating "that such an abuse happened right under our noses cannot be forgiven; I'm glad that Just Pups is finally being brought to justice." Along with many others, Sheriff signed the petition previously mentioned, something that Junior Ray Sy claims is "just what has to be done, it's our responsibility to make sure that animals don't get treated this way anymore."

Ray Lesniak, a New Jersey State Senator, has proposed a bill to ban puppy mills like Just Pups, according to *NJ.com*. He cites the mills for putting profits ahead of the well-being of animals and mass inbreeding that results in genetic problems for these pets. Lesniak's bill would also ban online sales of pets and prevent pet shops from getting animals from anywhere but kennels, shelters or animal rescue organizations, except when the store breeds its own animals. This bill has drawn the support of the New Jersey Society for the Protection of Animals (NJSPCA), as well as students such a sophomore Kushagra Mathur, who says the legislation "would be important for the responsible treatment of pets."

Residents of East Brunswick can rest easy knowing that animal abuse is facing a harsh crackdown. From the closing of Just Pups in East Brunswick to Ray Lesniak's proposed bill, many parties are working toward bettering the lives of pets.

The Greatest Election of All

by Elizabeth Jackson

America is abuzz with speculation about the presidential election in November. We have watched with fascination as candidates battled each other on the political primary stage. However, another election, just as important to East Brunswick, happens on that same day. This November 8th, East Brunswick will select its new mayor and town council. Currently, Kevin McEvoy serves as mayor, while the current council members are Denise Contrino, Michael Spadafino, Michael Hughes, James Wendell, and Camille Ferraro Clark. The former two are Democrats, while the latter three are Republicans. According to *Tapinto.net*, the East Brunswick Democratic Committee has chosen Brad Cohen and Sterley Stanley to run for mayor and town council, respectively, while it has chosen Michael Spadafino to run for reelection to the council. According to *Greater Media Newspapers* Contrino has decided not to run for reelection. Among the Republicans, current council Vice President Jim Wendell has been selected as the candidate for mayor, while Jane Mueller and Mark Csizmar have been chosen for the council.

Despite party differences, the candidates are concerned with the same principle issues. Cohen, an obstetrician/gynecologist and member of the Board of Education, according to *Tapinto.net*, highlighted the importance of revitalizing Route 18, saying he hopes to make East Brunswick an enticing hub, as it was in years past: "In addition to great schools, there was a cultural, shopping, [and] dining district that centered around East Brunswick. My fear is that this generation will not want to return to East Brunswick without restoring a lot of the features that made East Brunswick appealing in the past." Cohen also noted the connection between reducing taxes and business development, commenting that the only way to reduce taxes is to maintain a balance between commercial and residential taxes, and the only way to generate more commercial revenue is to make commercial spaces more enticing to businesses. Republican council candidate Jane Mueller, who works as a real estate agent, agrees it is imperative to bring businesses to Route 18, stating that "two of [her] main priorities are to revitalize the commercial corridor on Route 18 and to reduce property taxes."

Ms. Cynthia Collins

Revitalizing businesses on Route 18 is a focus of the election

Apart from specific issues, candidates want to make government more responsive, and to foster greater interest in local politics while responding to the people's concerns. Sterley Stanley, a Democratic candidate, told *Tapinto.net*, "I want to get elected so I can represent the people—so I can make sure there is accountability in East Brunswick. I want to make sure we represent the residents and advocate for what is best for the town. That is something that has not been happening so we want to see that improved." Mueller likewise feels that connection with the people is an integral qualification for public office, saying she understands the "needs and concerns" of residents through her job as a real estate expert.

EBHS junior Jatin Khona similarly wants a "candidate for mayor who is closer to the people—someone who has truly felt their problems and can empathize with them." Alan Brodman, a World History and AP IPLE teacher at EBHS, underscored the importance of candidate action, saying he "would hope that they could get past partisanship and work together to solve problems. When we give them our vote is for them to bring their own intellect and expertise and attempt to craft solutions to address the problems facing us."

The mayoral and town council elections are very important to EBHS students, as these offices, alongside the Board of Education, make fundamental decisions affecting our schools. In addition, many current seniors will be eligible to vote by November, and should take advantage of their first opportunity to vote for the candidates of their choice-both in the township and on the national level. Choose wisely!